

The Three Sisters

Corn

Native Americans were the first people to **domesticate** corn, or grow it for food. This crop became so important because it has a very high **yield** — you get a lot out of each seed.

For instance, each ear of corn has 300 to 500 **kernels**, or seeds, and each corn plant has one or more ears. However, Native Americans had to **adapt**, or change, the way they grew corn for different environments. In fact, in Illinois about 800 years ago, Cahokia successfully grew corn and harvested trees to build homes and other structures. But experts think **erosion*** destroyed the crop, and the people may have hunted too much.

The native people eventually left their community.

* **Erosion** is the **process** of wind or water wearing away the **layers** of soil.

Corn colors

Different types of corn are known by their colors. Native communities might grow seven or more varieties of corn for different uses. Some kinds are used to make bread or other foods for special ceremonies.

Beans

Are there beans on your dinner table? Beans have a lot of protein.

Corn has a lot of calories. Together they were part of a balanced diet for early native people.

Native Americans allowed the beans to dry on the vine, then stored them and ate them later.

It was important to early people to grow crops that could keep for times when food was scarce. This type of farming is called **subsistence farming**. Communities were organized so that every person had a job in growing and storing food.

Squash

Do you eat squash? There are many different types of this vegetable.

Summer squash such as zucchini have thin skins and were eaten as they ripened.

Winter squash has a tougher outer skin and can be stored for long periods of time.

Squash provides a lot of vitamins and minerals that corn and beans do not have.

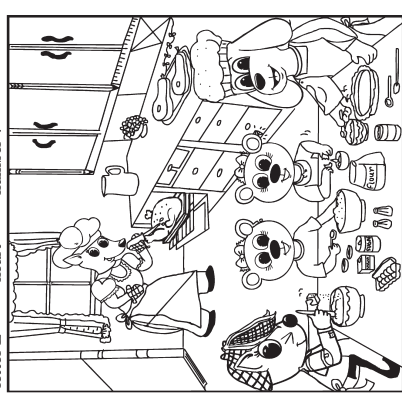
Other foods

Along with the three sisters, native people might have grown other crops. They also hunted wild birds and bison; those who lived near water fished; and they gathered wild fruits, vegetables, and nuts and berries. These foods rounded out their diets.

Mini Spy . . .

Mini Spy and her friends are cooking Thanksgiving dinner together. See if you can find:

- sailboat
- bell
- number 2
- muffin
- bird
- letter E
- ring
- ear of corn
- question mark
- book
- lips
- number 7
- heart



From The Mini Page © 2013 Universal Uclick

Rookie Cookie's Recipe

You can eat this colorful salad alone or with tortilla chips.

A (Avocado) B (Bean) C (Corn) Salad

You'll need:

- 1 ripe avocado, diced
- 2 (15-ounce) cans black beans, rinsed and drained
- 2 (15-ounce) cans corn, drained
- 1 medium jalapeño pepper (any color), diced
- 1 cup fresh cilantro leaves
- Juice from one small lime
- 1 fresh jalapeño
- 1 fresh ground cumin
- 1/2 table of salt to taste

What to do:

1. Combine all vegetables and beans in large bowl.
2. Stir in lime juice and seasonings to blend.
3. Chill for 1 hour. Serves 10 to 12.

You will need an adult's help with this recipe.



From The Mini Page © 2013 Universal Uclick

Meet Woody Harrelson

Woody Harrelson is the voice of Jake in the movie "Free Birds." He has starred in many TV shows, including "Cheers," and in many movies, including "Doc Hollywood" and "The Hunger Games."



Woodrow, or "Woody," 52, was born in Midland, Texas, and spent much of his childhood in Lebanon, Ohio. He appeared in several plays at his high school there and studied theater arts and English in college.

Woody supports several charities, including UNICEF and groups working for environmental causes.

From The Mini Page © 2013 Universal Uclick

Ready Resources

The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

On the Web:

- nmai.si.edu/explore/foreducators/students
- bit.ly/19afcdq
- iroquoismuseum.org/three_sisters.htm

At the library:

- "Food, Farming, and Hunting" by Emory Dean Keoke and Kay Marie Porterfield
- "What Was the First Thanksgiving?" by Joan Holub



From The Mini Page © 2013 Universal Uclick

Thanksgiving

Words that remind us of Native American foods are hidden in the block below. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: AMERICAN, BEANS, CORN, DOMESTICATE, EROSION, FISH, FOOD, HARVEST, HUNT, NATIVE, PILGRIMS, POLY-CULTURE, RESPECT, SQUASH, SUBSISTENCE, THANKSGIVING, WAMPANOAG, YIELD.

WHAT'S ON YOUR FAMILY'S TABLE?



From The Mini Page © 2013 Universal Uclick

Supersport: Ryan Kesler

Birthdate: 8-31-84
Height: 6-2
Weight: 205
Position: Forward, Center
Team: Los Angeles Kings

Young Kesler said he started playing hockey about the time he was knee-high to a stick.

It became his sport, his passion, his profession. Kesler is in his 10th season with the Vancouver Canucks; he was their first-round pick in the 2003 NHL draft.

Listed as a center, Kesler is all over the ice. He pushes the puck and stops it, too. In 2011, he won the Selke Trophy for stellar defense while also netting 73 points and helping his team to the Stanley Cup Finals. Away from the arena, Kesler, a former Ohio State star, enjoys his family, golf and some Tweeting. But now it's "game on" again in the NHL, time for more spills, chills and thrills on ice.



From The Mini Page © 2013 Universal Uclick

Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

Terri: In which country would it make sense to celebrate Thanksgiving year-round?

Tim: Turkey!

Thomas: When is it fun to serve a rubber turkey?

Tammy: At Franksgiving!

Tori: If April showers bring May flowers, then what do May flowers bring?

Todd: Pilgrims!



From The Mini Page © 2013 Universal Uclick